Supporting Families’ Mental Health

July 8, 2020

Q&A Feature

Please use the Q&A box to submit your questions.

Thank you!

Chat Feature

Please use the chat box to respond to questions that we ask you!

RR-VHV Resources

Webinar recordings, slide decks, and supporting documents are available at:
https://institutefsp.org/covid-19-rapid-response

Presenters

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Learning Objectives Poll

Which of these objectives are you most curious about?

• Identify the three major domains of influence upon the development of a child.
• Identify how Covid19 pandemic conditions of physical distancing are affecting family functioning.
• Name at least one strategy that practitioners can use to assist families in helping their child cope amidst the stress of pandemic conditions.

National FSP Competencies

Domain 5: Parent-Child Interactions
• Dimension 11-Influences on parenting
• Dimension 12-Parent-child relationship

Domain 4: Dynamics of Family Relationships
• Dimension 14-Healthy family functioning

Domain 5: Family Health, Safety, and Nutrition
• Dimension 18-Mental health

Domain 7: Relationship-Based Family Partnerships
• Dimension 25-Respect and responsiveness
• Dimension 26-Positive communication
• Dimension 27-Collaboration

Domain 10: Professional Practice
Influences on Development

Control...................................Out of Control

Core Emotional Competencies

- Basic Trust and Ability to build Relationships
- Self-Regulation
- Sense of Self and esteem

Developmental Process

A Systems Approach

What Has Life Been Like Since ‘Physical Distancing?’

- Emotions
- Reactions
- Judgments
- Behavior
- Intent and impact
Relationships...

Are the source of building development

And the source of building resilience

Categories of Stressors

- Challenges within the family/primary support group
- Challenges in the social environment: historical trauma, racial oppression
- Educational/childcare challenges
- Economic and Housing Challenges
- Individual’s health
- Legal/criminal Justice Challenges
- Housing Challenges

Impact of Stressors

The severity of the stressor
- Intensity
- Duration
- Frequency/predictability

The developmental level of the child

The availability and capacity of adults in the caregiving environment to:
- Serve as protective buffers
- Help the child understand the stressor, and
- Help the child cope with the stressor

Toxic Stress & Young Children

- Strong and prolonged activation of the body’s stress management systems in the absence of the buffering protection of adult support
- Precipitants may include extreme and/or chronic poverty, physical or emotional abuse, severe maternal depression, substance abuse or family violence.

J. Shonkoff

Children’s Response to Increased Stress

- Neediness, Clinging
- Comfort-seeking via imagined aches
- Trouble separating
- Trouble sleeping
- Nightmares, Fears
- Repetitive play
- Regression to earlier behaviors and stages (e.g. bedwetting)

Childhood Responses

- Attempts at mastery and control
- Adaptive & accommodating reaction to loss of control and changes in co-regulation
- Response is within the child’s “self” concept
  - We can stay in relationship, co-regulate, and nurture our own and their sense of self if we:
  - LISTEN and take care of Ourselves
How do you as a home visitor help regulate, support the parent-child relationship?

Assessing Risk

Listening & Watching?

Risks

- Caregiver depression/MH
- Substance abuse
- Interpersonal violence
- Child abuse
- Loss of income/employment
- Respiratory illness in the home
- Major child behavioral dysregulation
- Home instability/intense crowding

Needs

- Food, formula
- Diapers
- Cleaning and disinfectant supplies,
- Risk of eviction
- No funding for utilities, telehealth device, phone data or minutes
- Help with tax return

PLEASE ALSO NOTE: incidence of racial violence, discrimination, racial profiling, police violence that have affected the family.

Connecting Families

- Primary/specialty pediatric care
- Early care and Education
- Special education
- Child mental health
- Parenting groups
- Parent mentors and aides
- Adult mental health
- Substance abuse treatment
- Adult health care
- Legal aid
- Domestic violence services
- Housing/shelters
- Job training and education
- Clothing and furniture
- Food assistance (SNAP, food banks, WIC)
- TANF
- Medicaid, CSHCN
- Adult mental health treatment
- Substance abuse treatment
- Adult health care
- Legal aid
- Domestic violence services
- Housing/shelters
- Job training and education
- Clothing and furniture
- Food assistance (SNAP, food banks, WIC)
- TANF
- Medicaid, CSHCN

Acknowledging Home Visitor Experiences

Let’s take a few moments to think about how our work with families through telehealth impacts us.

Poll

Where would you rate your stress level right now?

- Low stress
- Moderate stress
- High stress

Self-Care
We extend a special thank you to the team that created this webinar:

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References

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